

# New Nutritionist Orientation Agenda

DAY 1: Wednesday, March 10, 2004

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| 10:00-10:30 | <b>Welcome/Introductions</b>  |
| 10:30-12:00 | <b>Welcome to WIC</b> <ul style="list-style-type: none"><li>• WIC's vision, mission, and philosophy</li><li>• Overview of key WIC policies</li><li>• Your unique responsibilities</li><li>• Utilizing nutrition standards in WIC</li></ul>          |
| 12:00-1:15  | <b>Lunch</b>  |
| 1:15-2:15   | <b>Guiding Nutrition Education Year-round</b> <ul style="list-style-type: none"><li>• Philosophy and goals of nutrition education</li><li>• Making your NEP work for you</li><li>• Continuous improvement of nutrition services</li></ul>           |
| 2:15-3:00   | <b>Effective Breastfeeding Promotion: What is it? and What is Your Role?</b> <ul style="list-style-type: none"><li>• Benefits of breastfeeding</li><li>• How WA WIC measures up? (breastfeeding data)</li><li>• What works in WIC clinics</li></ul> |
| 3:00-3:15   | <b>Break</b>  |
| 3:15-4:30   | <b>Maximizing the Nutrition High Risk Care Plan Tool</b> <ul style="list-style-type: none"><li>• Review high risk care policies</li><li>• Effective use of RD wizard and reports</li></ul>  |
| 4:30-4:35   | <b>Close/Mini-Break</b>   |
| 4:35-5:05   | <b>Optional: CIMS "Hands-on" Lab</b><br>Customizing for your clinic needs (Preferences)   |



# New Nutritionist Orientation Agenda

DAY 2: Thursday, March 11, 2004

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| 8:30-10:00   | <b>Nutrition Risk Criteria: It Doesn't Have to be "Risky Business"</b> <ul style="list-style-type: none"><li>• Understanding the Federal Nutrition Risk Criteria</li><li>• A look at Washington's High Risk Criteria</li></ul> |
| 10:00-10:20  | <b>Bagel Break with Your LPC</b>   |
| 10:20-11:45  | <b>Infant Nutrition</b> <ul style="list-style-type: none"><li>• A thorough formula review</li><li>• Breastfeeding basics</li><li>• Understanding feeding cues and building a positive feeding relationship</li></ul>           |
| 11:45 - 1:00 | <b>Lunch</b>   |
| 1:00-2:30    | <b>Child Nutrition</b> <ul style="list-style-type: none"><li>• Feeding is parenting</li><li>• Addressing those challenging feeding issues</li></ul>  |
| 2:30-2:45    | <b>Break</b>   |
| 2:45 – 3:30  | <b>Prenatal Nutrition</b> <ul style="list-style-type: none"><li>• Assessing weight gain</li><li>• Key prenatal conditions to manage</li></ul>  |
| 3:30 – 4:15  | <b>DOH Nutrition Services</b> <ul style="list-style-type: none"><li>• Children with Special Health Care Needs</li><li>• First Steps – Maternity Support Services</li><li>• Chronic Disease Prevention</li></ul>                |
| 4:15-4:30    | <b>Wrap-up/Evaluation</b>  |

